

Vr3 Prone Leg Curl (Start Rld)Sbom V02

12141-02

Parts Manual

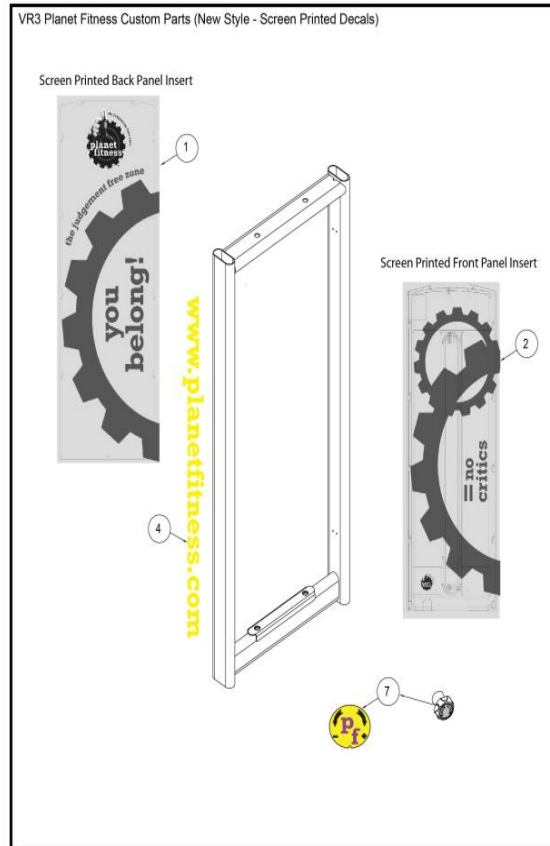
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Table of Contents

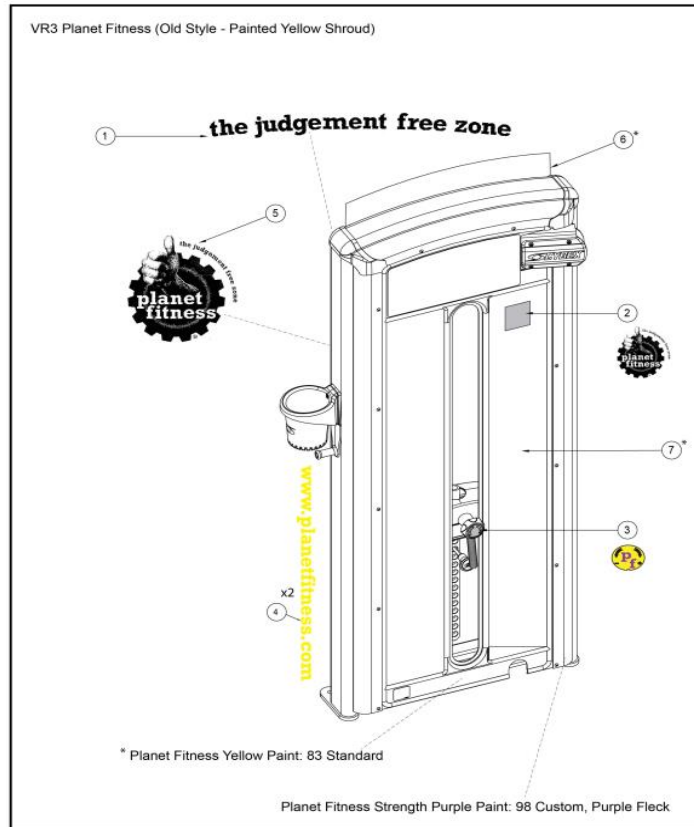
VR3 Planet Fitness Custom (New Style).....	3
VR3 Planet Fitness Custom (Old Style).....	4
VR3 You Fit Custom.....	5
VR3 - Snap Fitness.....	6
10 Top Weight Assembly After H0101.....	7
12140 Belt Routing.....	9
12140 Cam and Leg Pad.....	10
12140 Frame Assembly.....	12
12140 Heavy Stack Assembly.....	13
12140 Light Stack Assembly.....	14
12140 Pad and Handle Assembly.....	15
12140 Panel Assembly.....	16
12140 Parts Not Shown.....	17
12141 Start RLD.....	18

VR3 Planet Fitness Custom (New Style)



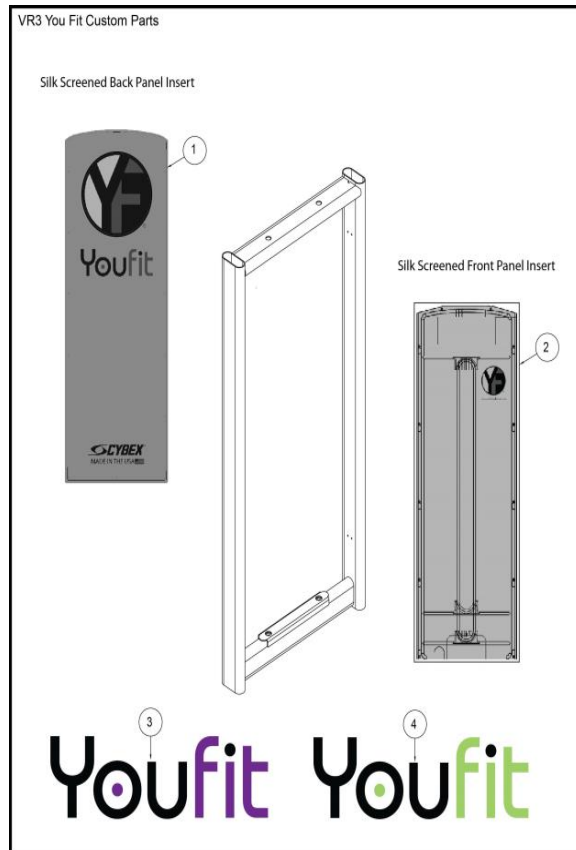
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-417P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) ☐



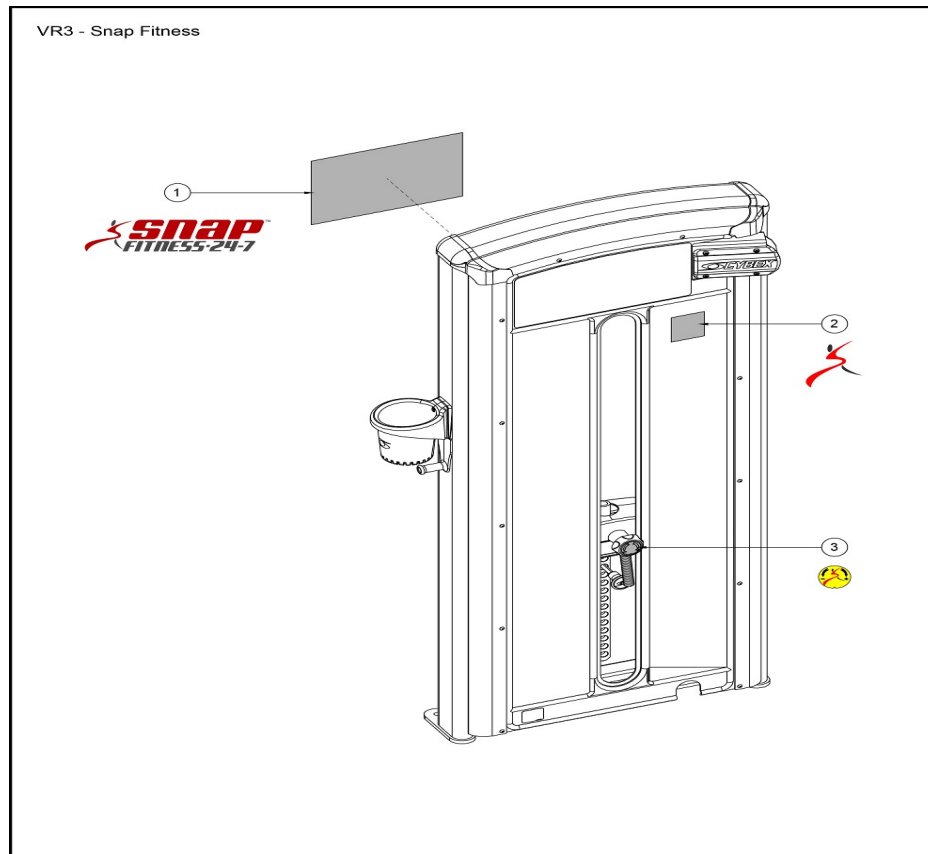
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT YELLOW
7	12000-414Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



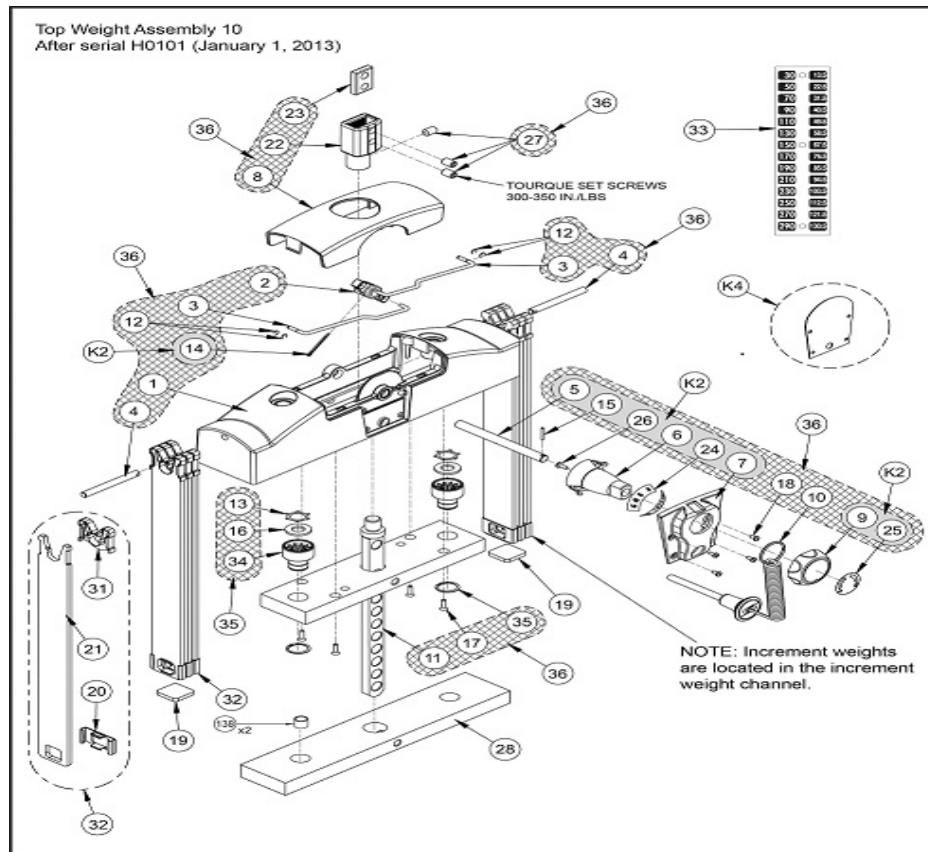
Ref #	Part Number	Qty	Description
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
2B	12000-417YP	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-417GY	1	PANEL INSERT, YOUFIT GREEN
3	DE-60274	1	DECAL, YOUFIT PURPLE
4	DE-60275	1	DECAL, YOUFIT GREEN

VR3 - Snap Fitness



Ref #	Part Number	Qty	Description
1	12000-422	2	Decal Snap Fitness Logo 13.00
2	12000-423	2	DECAL SNAP FITNESS RUNNING MAN 3.00
3	12000-424	2	Decal Snap Fitness Rotation

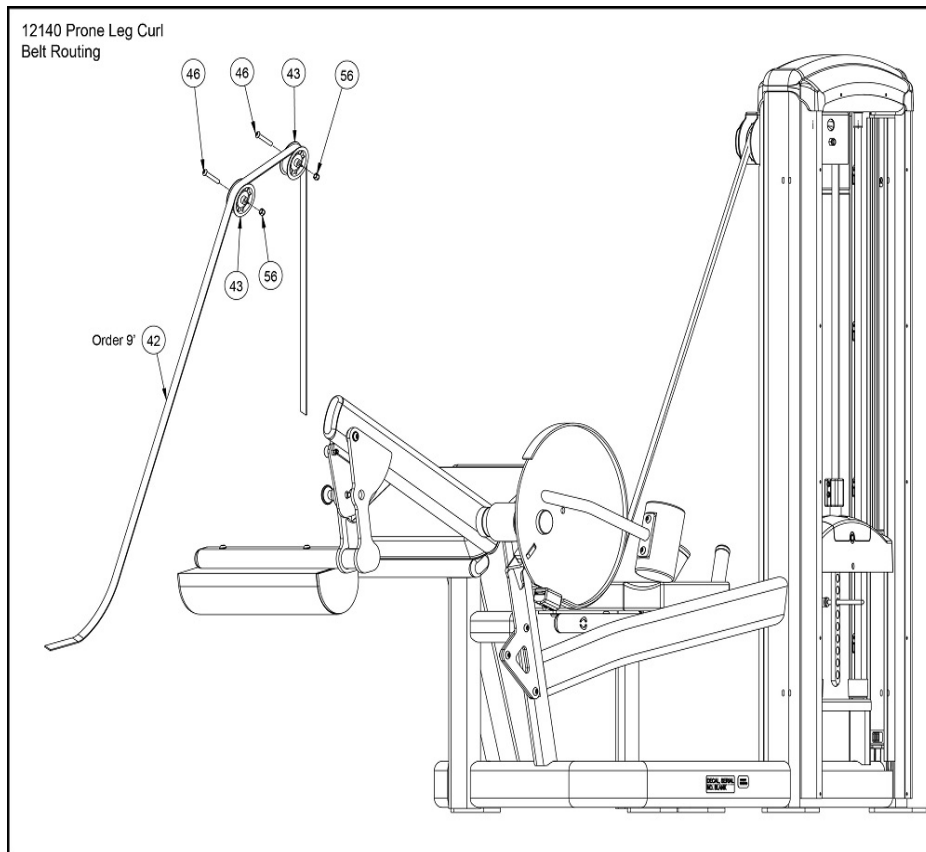
10 Top Weight Assembly After H0101



Ref #	Part Number	Qty	Description
1	11040-366	1	TOP WEIGHT ASSEMBLY MOLDED
2	11040-367	1	HUB MOLDED
3	11040-369	2	ROD LINKAGE
4	11040-370	2	PIN
5	11040-427	1	ROD
K6	11040K009	2	KIT INCREMENT WEIGHT KNOB
6	11040-426	1	STEM
K7	11040K010	3	Kit Top Weight Hardware
7	11040-424	1	COVER PLATE
8	11040-416	1	COVER TOP WEIGHT
K8	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
9	11040-425	1	KNOB
10	BH030207	2	PIN WEIGHT SELECTOR
11	4700-251	1	NLA: C LIFTING POST 15
12	BR030209	4	RETAINING RING .188
13	BR030220	1	RETAINING RING 1.250 INTERNAL
14	HP016820	1	COTTER PIN .125 X 1.25
15	HP266765	1	ROLL PIN .125 X .938
16	HS720004	1	WASHER FELT .641 ID X 1.250 OD X .125 T
17	HT562715	1	TAP SC NO 10 X .750 F PHIL
18	HT582510	2	TAP SC NO 10 X .375 PN HD PHIL
19	11040-409	2	BUMPER

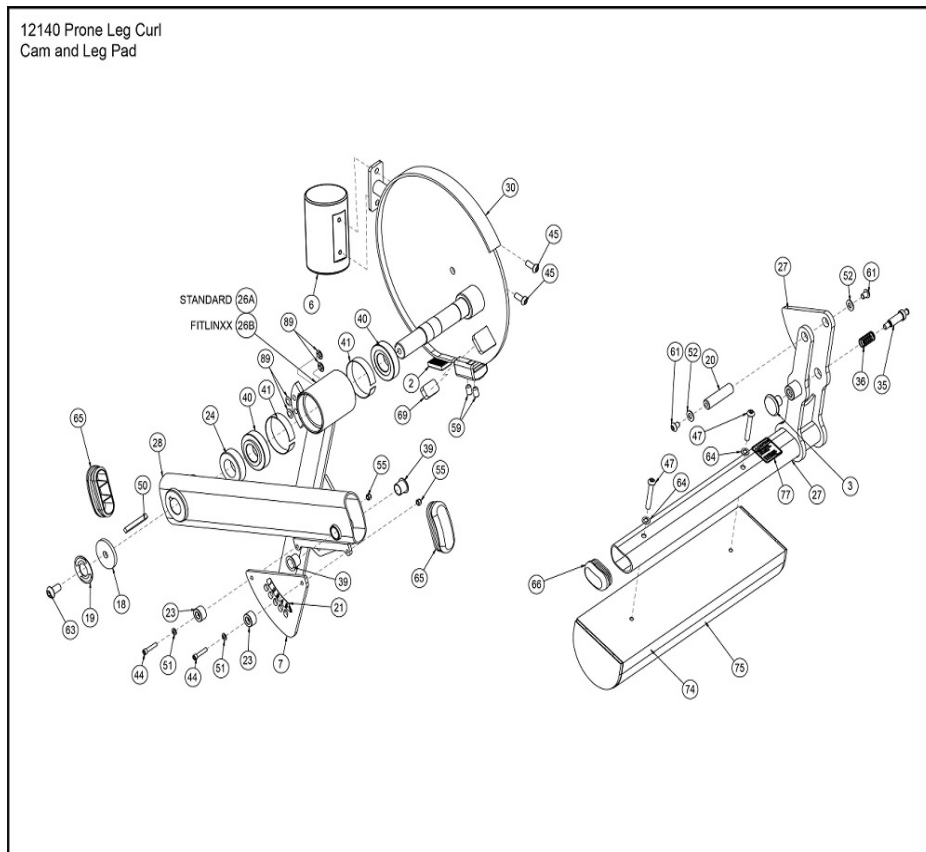
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
27	HY740000	2	SET SCREW
28	4000C101	1	C STACK WT 4X18
29	12050-007	1	WT PAC 11 4X18 BLACK
30	4701-013	1	WT PAC 14 4 X 18 BLACK
31	11040-578	1	GUARD, INCREMENT WEIGHT
33	12000-560	1	DECAL WT PLATE (30-290)
40	11000-407	1	Decal Increment Weight
138	FB130216	1	Bushing Weight Stack

12140 Belt Routing



Ref #	Part Number	Qty	Description
42	GB000202	1	BELT .95 WIDE
43	GP000209	2	PULLEY ASSEMBLY-3.50
46	HC700428	2	BHSCS .375-16 X 2.25
56	HN704901	2	LOCKNUT .375-16 NYLON

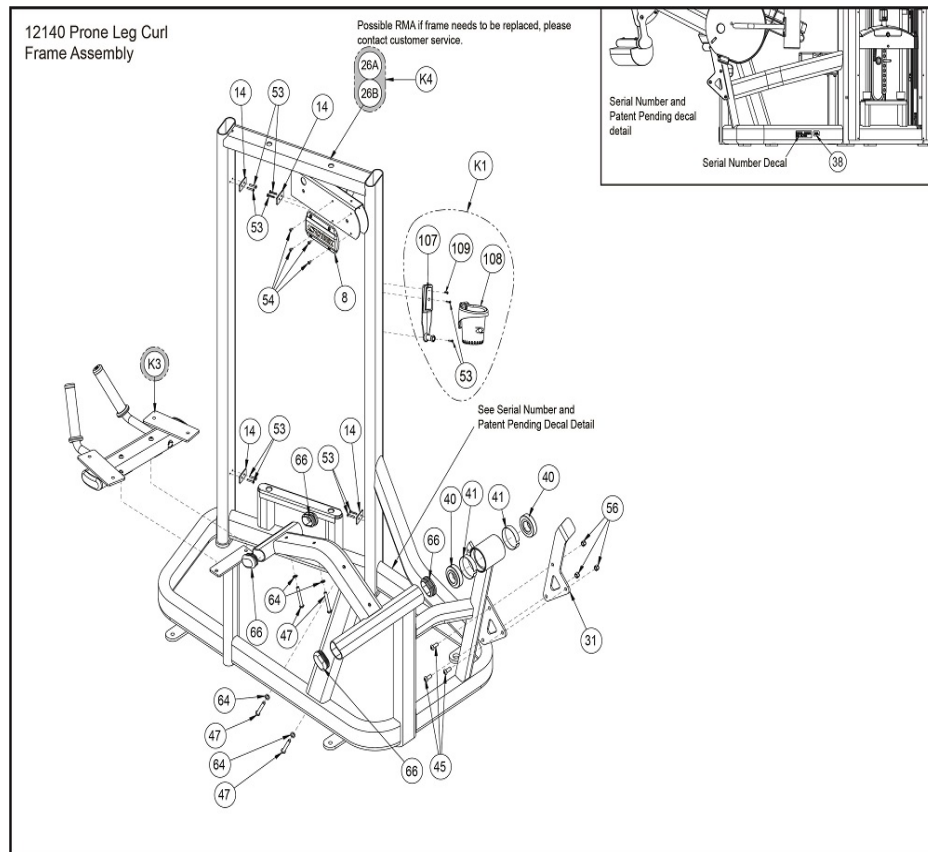
12140 Cam and Leg Pad



Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
3	11040-440	1	KNOB
6	11070-332	1	C COUNTERWEIGHT
7	11140-322	1	P DETENT PLATE
18	12050-343	1	WASHER
19	12050-355	1	DECAL ROTATION
20	12060-346	1	PIN PIVOT
21	12060-356	1	DECAL ADJUSTING
23	12100-303	2	BUMPER
24	12101-300	1	SPACER
26A	12140-200	1	W MAIN FRAME Custom
26B	12148-200	1	W Main Frame Custom
27	12140-201	2	W CUSHION ARM Custom
28	12140-202	1	W INPUT ARM Custom
30	12140-205	1	W/CAM Custom
35	8510-366	1	P DETENT PIN
36	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
39	FB130212	2	BUSHING FLANGE FOOTPLATE.75ID
40	FB030249	2	BEARING RADIAL 35MM EXT RACE
41	FC030009	2	TOLERANCE RING 72MM
44	HC622820	2	SHCS .250-20 X 1.25
45	HC700417	2	BHSCS .375-16 X 1.00

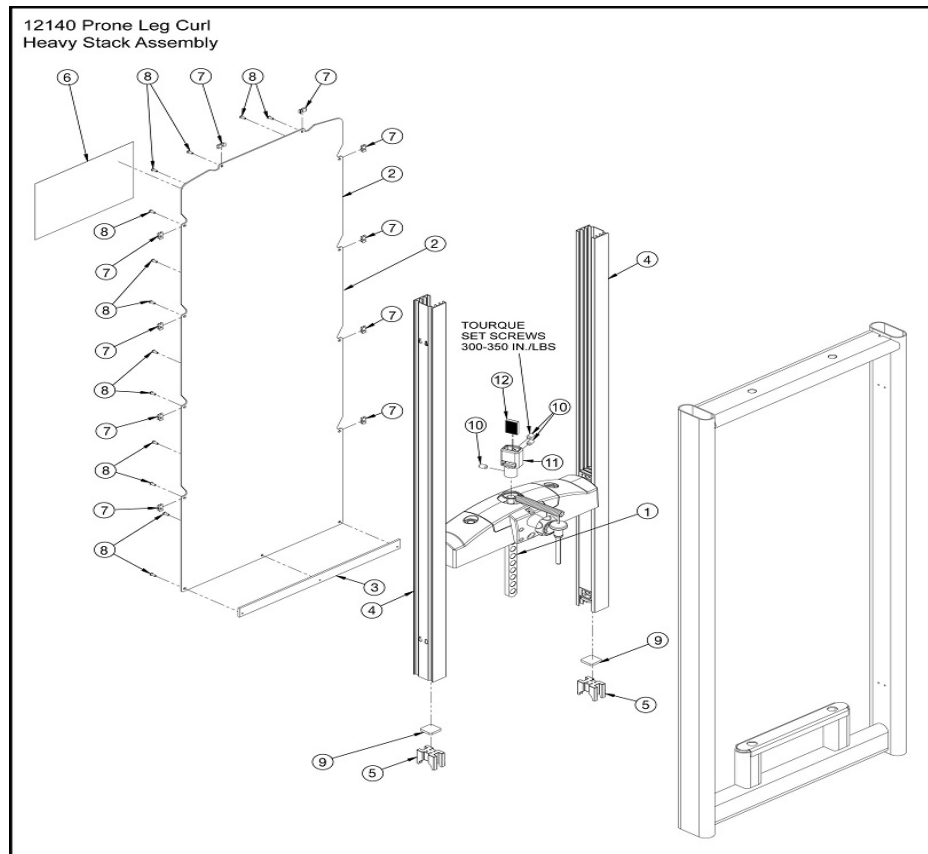
Ref #	Part Number	Qty	Description
47	HC700430	2	BHSCS .375-16 X 2.50
50	HH320030	1	KEY .313 SQ X 2.50
51	HS307601	2	WASH FLAT .281 .500 .062 T
52	HS347600	2	WASHER SAE .375
55	HN625200	2	LOCKNUT .250-20 NYLON HVY
59	HY740000	2	SET SCREW
61	JC700412	2	BHSCS .375-16 X .50
63	JC780417	1	BHSCS .500-13 X 1.00
64	JS347400	2	LOCKWASHER INT TOOTH .375
65	PP130002	2	INSERT DOMED PLASTIC
66	PP130003	1	INSERT PLASTIC
69	PU060201	1	BUMPER
74	4800-196	1	COVERED CUSHION AS CONTOUR 20 Custom
75	4800-199	1	WEAR COVER CS Custom
77	8500-025	1	DECAL CAUTION Custom
89	PP660006	4	PLUG SNAP IN

12140 Frame Assembly



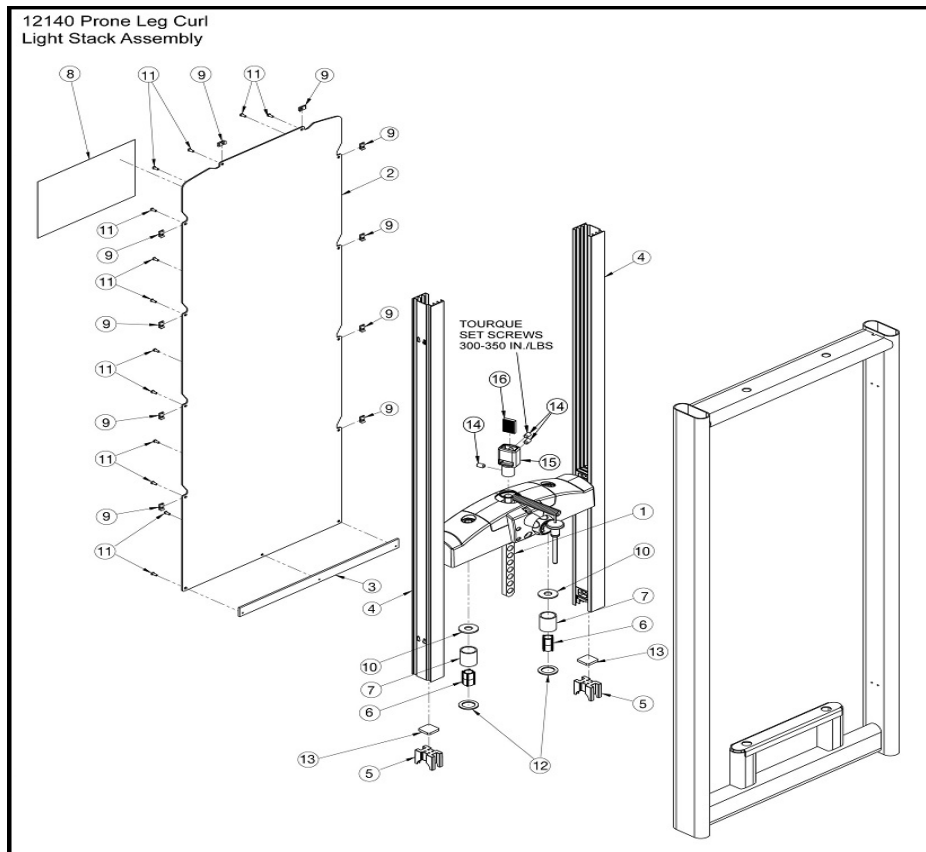
Ref #	Part Number	Qty	Description
K1	12000K017	2	Kit Water Bottle Holder
K3	1007446-0001	1	KIT, HANDLE BAR
K4	1008224-0001	1	KIT, MAIN FRAME/HANDLE BAR, VR3
8	12000-467	2	PULLEY COVER
14	12000-398	8	SPACER
26B	12148-200	2	W Main Frame Custom
26A	12140-200	2	W MAIN FRAME Custom
31	12140-206	2	W/CAM STOP Custom
38	CM000211	2	DECAL PATENT
40	FB030249	4	BEARING RADIAL 35MM EXT RACE
41	FC030009	4	TOLERANCE RING 72MM
45	HC700417	6	BHSCS .375-16 X 1.00
47	HC700430	8	BHSCS .375-16 X 2.50
53	HT512517	20	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
54	HT570410	8	SCREW PNH TORX 10-24X.375 BLACK
64	JS347400	20	LOCKWASHER INT TOOTH .375
66	PP130003	8	INSERT PLASTIC
107	13000-402	8	Mount Water Bottle Holder
108	13000-400	2	Holder Water Bottle
109	HT552515	2	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12140 Heavy Stack Assembly



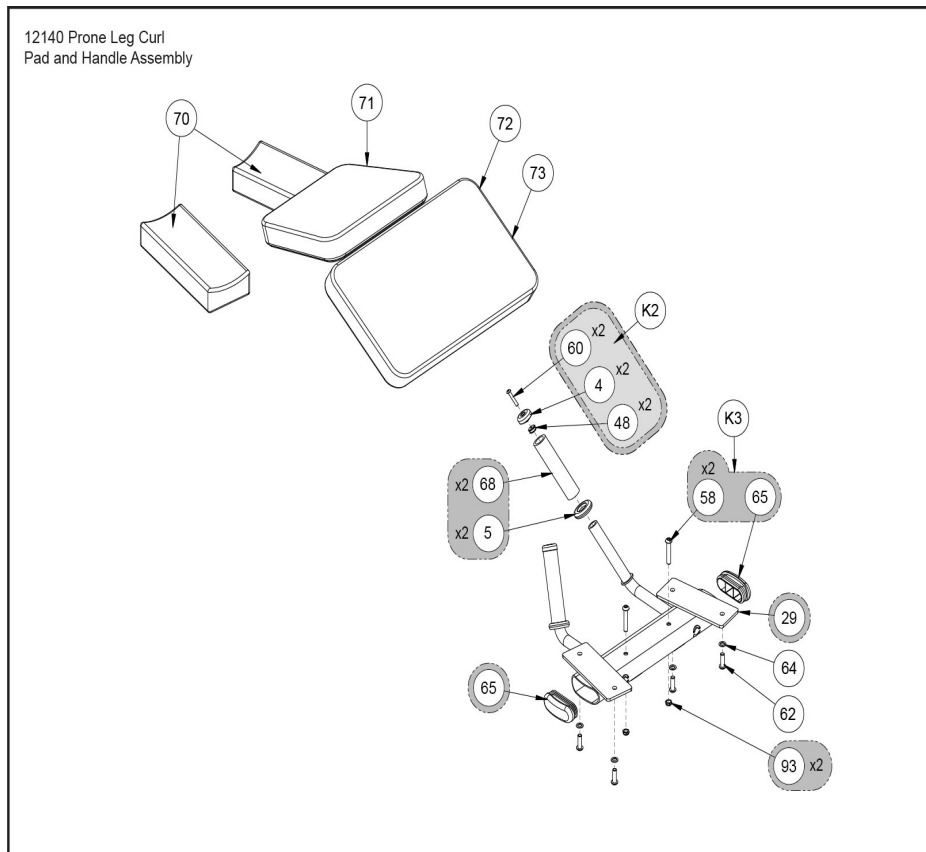
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 SS
9	11040-409	2	BUMPER
10	HY740000	2	SET SCREW
11	11040-216	1	P BELT CLAMP
12	11040-301	1	INSERT CLAMP BLOCK

12140 Light Stack Assembly



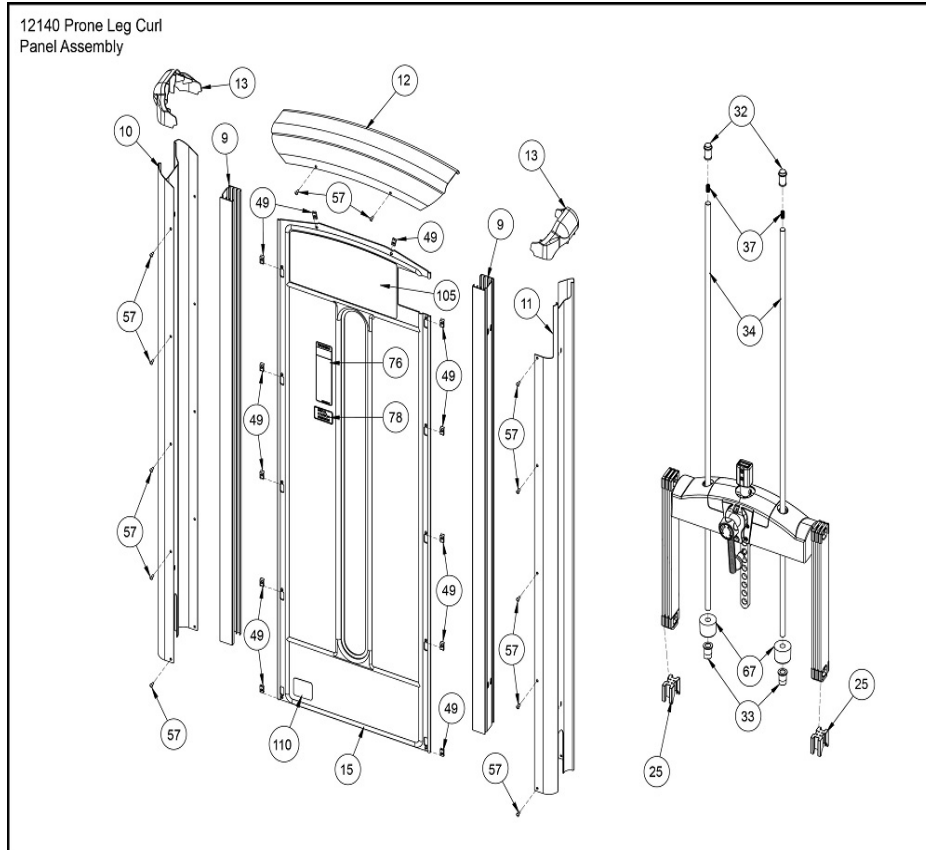
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	12210-352	2	INSERT PLASTIC
7	12210-358	2	TUBE SPACER
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
10	HS760106	3	WASH FLAT 1.750 .688 .140 T
11	HX570412	13	BHSCS 10-24 X .50 SS
12	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
13	11040-409	2	BUMPER
14	HY740000	2	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12140 Pad and Handle Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	2	KIT HANDLE TRIM RING
K3	1007446-0001	2	KIT, HANDLE BAR
4	11090-374	4	END CAP
5	11090-376	4	RING HANDLE GRIP
29	1007125-0000	2	W/ HANDLE BAR KIT
48	HF449063	8	INSERT 3-4X1-4-20 CONNECTOR
58	HX700428	4	BHSCS .375-16 x 2.25 SS
60	JC620422	4	BHSCS .250-20 X 1.50
62	JC700420	8	BHSCS .375-16 X 1.25
64	JS347400	8	LOCKWASHER INT TOOTH .375
65	PP130002	4	INSERT DOMED PLASTIC
68	4605-500	4	GRAB GRIP 6.00
70	4800-017	2	CUSHION SA 5 X 12 Custom
71	5245-011	2	CUSHION SA TPR 12 X 14 Custom
72	4800-029	2	COVERED CUSION SA 12 X 20 Custom
73	4800-098	2	WEAR COVER SA 12 X 20 Custom
93	HN704902	10	LOCKNUT NYLON .375-16

12140 Panel Assembly



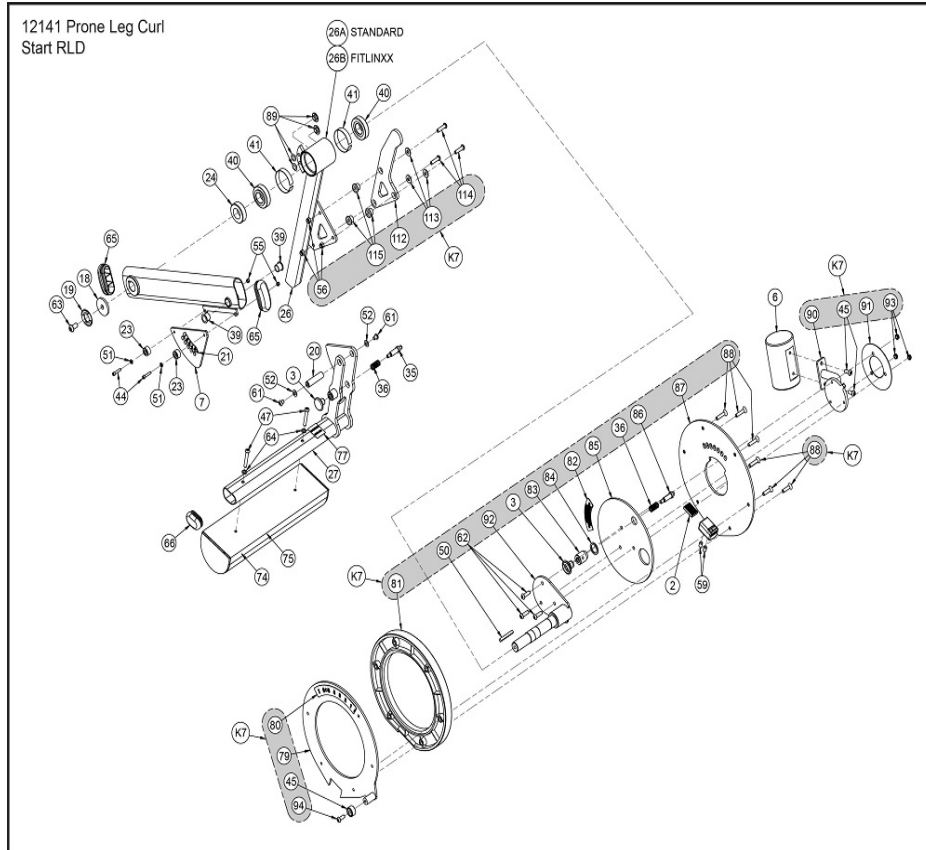
Ref #	Part Number	Qty	Description
9	12000-387	2	EXTRUSION INC WT CHANNEL
10	12000-392	1	CHANNEL INCREMENT WEIGHT
11	12000-393	1	CHANNEL INCREMENT WEIGHT
12	12000-395	1	CAP TOP
13	12000-396	2	END CAP
15	12000-417	1	Panel Insert
25	12102-330	2	INSERT INCREMENT WEIGHT
32	12210-347	2	CAP GUIDE ROD
33	12210-348	2	CAP GUIDE ROD
34	12210-350	2	WT ROD .625 DIA X 49.53
37	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
49	HF579000	12	PANEL FASTENER 10-24 U TYPE
57	HX570412	12	BHSCS 10-24 X .50 SS
67	PR060005	2	BUMPER WEIGHT
76	DE000001	1	Decal Warning Custom
78	DE000005	1	Decal Caution Custom
105	12140-598	1	Placard VR3 Prone Leg
110	11040-790	1	NLA: DECAL, MADE IN THE USA

12140 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K6	12000K019	1	Kit Hardware VR3

12141 Start RLD



Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
3	11040-440	2	KNOB
6	11070-332	1	C COUNTERWEIGHT
7	11140-322	1	P DETENT PLATE
K7	12140K002	5	Kit Non to Start RLD
14	12000-398	1	SPACER
18	12050-343	1	WASHER
19	12050-355	1	DECAL ROTATION
20	12060-346	1	PIN PIVOT
21	12060-356	1	DECAL ADJUSTING
23	12100-303	2	BUMPER
24	12101-300	1	SPACER
26B	12148-200	1	W Main Frame Custom
26A	12140-200	1	W MAIN FRAME Custom
27	12140-201	1	W CUSHION ARM Custom
35	8510-366	1	P DETENT PIN
36	BS070201	2	COM SPRING .56 ID X .66 OD X 1.50 LG
39	FB130212	2	BUSHING FLANGE FOOTPLATE.75ID
40	FB030249	2	BEARING RADIAL 35MM EXT RACE
41	FC030009	2	TOLERANCE RING 72MM
44	HC622820	2	SHCS .250-20 X 1.25
45	FB030239	3	CAM FOLLOWER 10 MM

Ref #	Part Number	Qty	Description
47	HC700430	2	BHSCS .375-16 X 2.50
50	HH320030	1	KEY .313 SQ X 2.50
51	HS307601	2	WASH FLAT .281 .500 .062 T
52	HS347600	2	WASHER SAE .375
55	HN625200	2	LOCKNUT .250-20 NYLON HVY
56	HN704901	3	LOCKNUT .375-16 NYLON
59	HY740000	2	SET SCREW
61	JC700412	2	BHSCS .375-16 X .50
62	JC700420	3	BHSCS .375-16 X 1.25
63	JC780417	1	BHSCS .500-13 X 1.00
64	JS347400	2	LOCKWASHER INT TOOTH .375
65	PP130002	2	INSERT DOMED PLASTIC
66	PP130003	1	INSERT PLASTIC
74	4800-196	1	COVERED CUSHION AS CONTOUR 20 Custom
75	4800-199	1	WEAR COVER CS Custom
77	8500-025	1	DECAL CAUTION Custom
79	12140-203	1	W/CAM MOUNT
80	12060-354	1	DECAL ADJUSTMENT
81	11050-333	1	CAM
82	12050-377	1	DECAL START RLD Custom
83	11050-407	1	RETAINER
84	11050-408	1	SPACER
85	12140-327	1	Plate Eccentric
86	08229	1	P PIN DETENT
87	12140-209	1	W/CAM PLATE
88	JC700924	6	FHSCS .375-16 X 1.75
89	PP660006	4	PLUG SNAP IN
90	12140-207	1	W/COUNTERWEIGHT MOUNT Custom
91	12102-339	1	STOP GUARD
92	12140-208	2	C PIVOT SHAFT
93	HN704902	3	LOCKNUT NYLON .375-16
94	HC700417	1	BHSCS .375-16 X 1.00
112	12140-328	1	Roller Stop
113	HS347700	3	WASHER USS .375
114	JC700422	3	BHSCS .375-16 X 1.50
115	PR740300	3	MOUNT CENTER BONDED

